

FORGING THE FUTURE

LEADERSHIP, PARTNERSHIP, AND CHAMPIONSHIP

APRIL 27, 2012



FRIDAY FACTS

Navy Health Promotion Training Scheduled for Asian-Pacific Area!

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- Navy Health Promotion Training Scheduled for Asian-Pacific Area!
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A full week of Health Promotion training will be offered at each of three locations in the Asian-Pacific area to include Pearl Harbor, HI; Yokosuka, Japan and Guam beginning the week of 23 July and ending on 10 August. Each week of training at each location will include the following:



Patient-centered Prevention Counseling
ShipShape Program Facilitator Training
Tobacco Cessation Facilitator Training
Navy Health Promotion Basics Course, Level II
Choose Healthy Options for Wellness (CHOW) Nutrition Course
Promoting Sexual Health in the Military Population
HIV-STI Prevention Counseling
STI 101 for Non-clinicians
Sexual Partner Counseling and Referral
CarePoint Training

For further information and a Quota Request Form, please contact the individuals at each location:

Pearl Harbor (23-27 July): Tracy Navarette at Tracy.navarette@med.navy.mil
Yokosuka, Japan (30 July-3 Aug.): Rhea Daniels at Rhea.daniels@med.navy.mil
Guam (6-10 Aug.): Luis Martinez at Luis.martinez@med.navy.mil

How did you recognize your Crews participants?

Participating in the 4-week Crews into Shape challenge can be very “challenging.” For some, it may be the first time ever that they have focused on following their mother’s advice to “eat their vegetables”. For others, it may be the challenge of finding the 30 minutes at least five days a week to fit physical activity into their busy schedules. For yet others, it may be challenging just to write it all down and report it to their Crew leader each week to earn those extra team points!

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So how did you recognize your staff and family members who took the challenge and committed to participating in the 2012 Crews into Shape challenge? At the Navy & Marine Corps Public Health Center (NMCPHC), the Health Promotion (HP) Committee celebrated in a big way by hosting a Post-Crews Luncheon, attended by the CO, XO, CMC, members of the HP Committee and all staff members who participated in the Crews challenge. This year, the NMCPHC was able to increase participation, going from 4 teams and 27 staff members in 2011 to 10 teams and 55 staff members in 2012. The top scoring team received the NMCPHC Captain's Cup, which will be passed along throughout the year to teams participating in other "command sponsored" HP activities and challenges.

Share what you did and any pictures you may have taken to recognize this year's Crews participants by sending them to: nutrition@nehc.mar.med.navy.mil



NMCPHC Staff members participating in March 2012 Crews into Shape Challenge were recognized at a luncheon held 18 April. The Weight Crashers, lead by HM1 Bill Ross, were the top-scoring team for 2012.

New Contraception Film for Sailors and Marines

SHARP is pleased to announce the availability of a new Navy and Marine Corps film about contraception. Get your copy on the SHARP Toolbox DVD by ordering at:

<mailto:sharp@nehc.mar.med.navy.mil>

The purpose of the film, entitled "Reproductive Health Awareness - Types of Contraception," is to increase understanding among male and female sailors and marines about the range of contraception options available, the relative effectiveness of these options and the major advantages and disadvantages of each. The viewer may be better informed and better prepared to have conversations with their health care provider and their sexual partner. Each clip also mentions the importance of dual protection for those contraceptive options which don't protect against sexually transmitted infections.

This 26-minute film consists of 17 brief clips about contraceptive options, shown in order from most to least effective. The film may be shown in its entirety in waiting rooms or mass training session or be shown one clip at a time to interested patients.

These 17 film clips have also been incorporated into "Reproductive Health," a 2-session, evidence-based, group-level intervention about family planning and unplanned pregnancy prevention. Learn more about using "Reproductive Health" at:

http://www.nmcphc.med.navy.mil/downloads/sexual_health/reproductive_health_info.pdf



Fact sheets about long-acting reversible contraception, emergency contraception, male and female condoms, and contraception options are available to supplement your contraception education work. These are available on the SHARP Toolbox DVD and are online. Please visit:

http://www.nmcphc.med.navy.mil/Healthy_Living/Sexual_Health/contraception.aspx

Points toward the Blue H Award are awarded to organizations that use this new film in CY2012. For more information about the Blue H Award (Navy Surgeon General's Health Promotion and Wellness Award), please visit:

http://www.nmcphc.med.navy.mil/Healthy_Living/Resources_Products/Wellness_Award/hpwellness_award.aspx

This new film is based on the work of the Association of Reproductive Health Professionals to whom we are very grateful. Excellent technical and funding support were provided by Navy Medical Support Command's Visual Information Directorate.

NMCPHC SHARP - Chart a Safe Course

Contact SHARP at <mailto:sharp@nehc.mar.med.navy.mil> or 757-953-0974 (DSN: 377)

Support for Caregivers

Care giving can be a very gratifying experience but it can also elicit varied amounts of stress in those caring for individuals who are wounded, ill and injured. Caregivers can at times feel tired, worn out and overwhelmed. The challenge for the caregiver is to maintain their psychological health and resilience as they continue to provide compassionate care.

The NMCPHC HPW WII website has valuable information about compassion fatigue as well as caregiver stress to assist in meeting the demands of care giving. Access the website at:

<http://www.nmcphc.med.navy.mil/WII/>

